

2nd skin bandage			First Aid						
Go Torch	1.25 oz.		Heat	mo-go-gear	http://www.mogogear.com/index.html			\$20	
Aerobic Oxygen			Food						72-hour kit
aloe vera	Spray bottle of		First Aid						72-hour kit
AOL CD		as a mirror	Communication						
Arnica and Arnica Montana(?) 30X			First Aid						72-hour kit
Bandages			First Aid				Variety, eg second skin, mole, butterfly, etc.		72-hour kit
bandana			Clothing						
batteries	Extra		Light						72-hour kit
bay leaf			Food						
Binoculars			Tools						72-hour kit
Buffalo gloves & liners			Clothing						72-hour kit
camel back		To carry water	Food						
Candles	yellow & white; unscented	light	light						
Carabiner		to tether knives & flashlights to belt or pack					Tether compass, knife, mirror, flashlight etc to your belt or belt loops		72-hour kit
Cayenne		to purify wounds, stop heart attacks, sprinkled in shoes to keep feet warm	First Aid						72-hour kit
charcoal filter masks			Clothing						
Clear garbage bag		to collect dew by covering a branch and tying it off then tie the branch down so liquid collects at the bottom							72-hour kit
clothes pins			Tools						
coffee			Food						
Coffee filters or charcoal filter		breathing protection	Clothing			Home Depot			72-hour kit
color-coded stuff bags			Storage						
comb			Tools						
compass			Navigation			GI Joe's	up to \$48 removes grease out of hair	\$6	
corn starch			Tools						
cow		warmth, manure, milk							
drip coffee filter			Clothing						
Duct tape			Tools						
dust-proof goggles with amber lens			Clothing						
Emergency blanket for kids	53 by 82		Clothing	Coleman		GI Joe's		\$2	
Emergency blanket for kids	54 by 84		Clothing	Stansport		GI Joe's		\$3	
energy bars			Food						
First aid book			first aid						
flashlight	small		Light						
flashlight	Extra		Light						72-hour kit
Floating headlamp			Light	Coleman		GI Joe's		\$10	
Floss picks			Tools						72-hour kit
foam pants			Clothing				ambush quiet; tricot		
Foil		reflecting light	light						
Food saver bags	cheap version		Storage						72-hour kit
Gerber tool			Tools						
glove liners			Clothing						
gloves	Disposable		First Aid						
Go-Along packs			Storage						
Goggles	amber lenses, not yellow, able to keep out fine dust; photochromatic		Clothing	aquaman; Ironman?		Big 5	Swim goggles. Fogging up was mentioned as a problem.	\$39	72-hour kit
goggles (UV)			Clothing			motorcycle shop		\$5	
half ped		stuff bag	Storage						
headband			Clothing	SmartWool					
Headlamp	rechargeable		Light	Black Diamond					72-hour kit
headlamp	Extra		Light						72-hour kit
high sleeve gloves - Buffalo			Clothing						
Illuminating watch			Tools						72-hour kit
insulated cooler			Storage						
Insulating blanket			Heat						car & backpack
Knife			Tools				make sure the shaft extends all the way down the handle. Not too big, 4", 6" blade? Titanium)		72-hour kit
knife	serrated		Tools						
lighter	long-nosed		Heat						
lighter	Butane		Heat						
lighter			Heat	Bic					72-hour kit
Liquid Stitches			First Aid						72-hour kit
liquid trigger									
Liquid Triggers									72-hour kit
long piece of voil									
Magic marker		write on rock or carside	Communication						
magnifying glass			Heat						
mask			Clothing						
Matches			Heat						
Miracle Soap									72-hour kit
Mirror	metal		Communication					\$2	
mobile phone			Communication						
money belt			Storage	Eagle Creek					72-hour kit
Motorcycle goggles also mentioned but they have vents.			Clothing						72-hour kit
mukluk			Clothing						
neck gaitor			Clothing	Smart wool					
neck ring, undersweater			Clothing	Smart wool					72-hour kit
Needles			Tools				straight and curved; thread (Beside material repairs, it may be necessary to stitch up a wound. Soak thread and clean wound with aerobic oxygen in a little water		72-hour kit
needles	curved		Clothing						
NEOS overboot			Clothing						Suki
Neutralizer spray			Food						72-hour kit
nuts, cranberries, raisins, chocolate bits, etc.	Vacuum packed		Food						72-hour kit
nylon panty hose							removes grease out of hair; to stay warm		
pants			Clothing	SmartWool					
peanut butter	Squeeze tube		Food	Skippy					72-hour kit
pillow	Inflatable								72-hour kit
pins			Tools						
plastic bags		fill with leaves; catch water off trees							
propane canister	16.4 oz.		Heat	Coleman		GI Joe's		\$2	
propane tank			Heat						
Quart of water			Food						
Radio	small battery operated		Communication						72-hour kit
Radio			Communication	Grundig					72-hour kit
Rain poncho			Clothing						72-hour kit
Reflecting mirror (preferably metal)			Communication						72-hour kit
Reflector		to put behind a candle to amplify light or a fire to amplify heat.	Tools						72-hour kit
ripstock poncho			Clothing						
Rubber bands			Tools						72-hour kit
scarves	Tiny		Clothing						72-hour kit
seeds		to sprout	Food						
shirt			Clothing	SmartWool					
siphon with pump		cars before 1980	Heat			Walmart; AutoZone			
socks			Clothing	Smart wool					72-hour kit
Space blanket			Clothing				cheapie @ WalMart or heavier duty for multiple usage at REI for instance		72-hour kit
sprout cloth bags			Food						
sterile gloves			First Aid						72-hour kit
Strapettes/straps to tighten pant legs			Clothing						72-hour kit
strappetts		to close pants tight	Clothing						
Straps with lock									72-hour kit
stuff bags	different colors		Storage	Granite Gear					72-hour kit
Survival Tabs			Food	Eagle Creek			food/energy tablets		72-hour kit
teflon plumbers tape			Tools						
Thieves Formula			First Aid						72-hour kit
Toe peds		to protect goggles in pack	Storage						72-hour kit
toilet paper	Vacuum packed								72-hour kit
Tourmaline			Clothing						
underclothes			Clothing	Smart wool					72-hour kit
vacuum packing machine			Food	FoodSaver					
vacuum packing machine			Food	TurboSeal					
vegan bar			Food	Organic Food Bar, here at Trader Joe's; website www.organicfoodbar.com or 1-800-246-4685					72-hour kit
vitamins			Food						
voile	2 yards		Clothing				very fine cotton or cotton/polyester[preferred; dries faster] material		72-hour kit
Voile scarf			Clothing						72-hour kit
walking shoes			Clothing						car
Washcloth									72-hour kit
water			Food						72-hour kit
waterproof bags			Storage						
Waterproof matches			Heat						72-hour kit
WhisperLite stove			Heat	MSR		GI Joe's		60	
whistle	piercing sound; plastic		Communication	JetScream		GI Joe's		\$6	
whistle	metal		Communication			GI Joe's		\$2	
whistle	plastic		Communication			GI Joe's		\$6	72-hour kit
wire saw			Heat						